



YOUTH FITNESS



An opportunity for youth clients to participate in group workouts created and led by one of our Fitness Specialists and Sports and Recreation Staff! This class is a great blend of fun and physical activity!

Classes include:

- Sports
- Obstacle courses
- Team Games
- Cardiovascular exercises
- Introduction to strength training through weight machines, free weights, medicine balls, resistance bands and more!

For Whom

Youth ages 5-8 and 9-13

(Participants will be split in two groups based on age)

Siblings and friends can join too!

Date and Time: Tuesdays and Thursdays 5:00-6:00 PM

**Frequency/Duration: 2 x wk for 2 weeks
5/30, 6/1, 6/6, 6/8**

Location: Turnstone's Plassman Athletic Center

Class size: Minimum of 5 total

Cost: \$40 Class Fee

Parent(s) can utilize track or membership to the gym. Ask staff for details.

REGISTRATION DEADLINE: Friday, 5/26

Contact Emilee Stemmler to register or with questions at

260-483-2100 x290. Email: Emilee@turnstone.org



Turnstone